



GREENSBORO
PARKS AND
RECREATION

MainStream Resources Unit

2016 WINTER & SPRING PROGRAM NEWSLETTER

MainStream Resources Unit offers a variety of quality recreational programs and special events for individuals of all abilities.

WEEKLY PROGRAMS

VI WEEKLY PROGRAMS

Social Hour

All Ages. What is your favorite game? Join us in this weekly program to play cards and games while socializing and meeting new friends in a fun and friendly environment.

Lindley Recreation Center

Jan 25 – May 2 Mondays 10–11 am

Bowling

All Ages. Get ready to roll! Each participant will have the opportunity to bowl two games. Ramps, bumpers, and rails will be available.

Triad Lanes – Fee: \$2 per game

Jan 26 – May 3 Tuesdays 10–11:30 am

PD WEEKLY PROGRAMS

Bowling

All Ages. Get ready to show everyone your *incredi-bowl strikes*. In this weekly program we'll socialize, try to top our best scores and use adaptive equipment if needed.

Triad Lanes – Fee: \$2 per game

Jan 28 – April 28 Thursdays 10–11:30 am

Chair Exercise & Strength Training

All Ages. This exercise program is designed to increase muscular strength, range of motion, and flexibility. Hand-held weights and elastic tubing are offered for resistance. Go at your own pace, high, low or just go with the flow. A strength training component is available with an instructor in the weight room.

Smith Senior Center

Jan 29 – May 6 Fridays 10:30–11:30 am

DD WEEKLY PROGRAMS

GTCC After School

Must attend GTCC. Come join us in some after school fun! On Tuesdays, students are picked up at the GTCC Greensboro Campus to participate in scheduled activities. All participants are required to be picked up at 4:30pm at Sportsplex. We promote socialization, physical activity and healthy leisure skills.

Sportsplex – Fee: free unless noted

Jan 26 – May 3 Tuesdays 2–4:30 pm

Saturday Bowling

All Ages. If you enjoy bowling, we have a program that will be right up your alley! If you want to work on your game or just want to have fun, come join us for some non-stop excitement. Ramps and bumpers will be available. Note: Cost includes equipment rental and 10 days of bowling. *The 10 specific Saturday dates will be mailed to registered participants.*

Triad Lanes – Fee: \$40

Jan 30 – May 7 Saturdays 9:30–11:30 am

FITNESS PROGRAMS

MODIFIED STRENGTH & CONDITIONING

Ages 16+. Physical activity is important for all ages and ability levels. This is a small group training session that includes a high level of coaching specific to individuals with all types of physical disabilities, that will get you fit and give independence in your life.

Griffin Recreation Center—Fee: \$25 (10 punches); \$45 (20 punches)
Ongoing Mondays, 6 pm and Saturdays, 11 am

SPORTS STRENGTH & MOBILITY

Ages 16+. The concept is to maximize inclusion – in training, in competitions, in all sports and fitness areas.

Proehlific Park—Fee: \$80 (8 weeks)

Ongoing 2x a week

To register or for more information please contact Ryan Roberts, 373-6594

VI OUTINGS

HARBOR INN SEAFOOD LUNCH

February 15 11 am–12:30 pm
Burlington, NC

CARTER BROTHERS BBQ LUNCH

March 14 11 am–12:30pm
High Point, NC

OLD MILL OF GUILFORD & BILLS PIZZA PUB

April 12 11 am–1:30 pm
Oak Ridge, NC

FARMERS MARKET & MOOSE CAFÉ

May 10 10 am– 1 pm
Colfax, NC

EASTER EGG HUNT

Join us for an inclusive Spring celebration!
An adaptive and accessible hunt area
will be available

March 19 10 am– 1 pm

Glenwood Recreation Center, 2010 Coliseum Blvd

All ages. Registration is not required.

SPECIAL EVENTS

BINGO

All Ages. What could be more exciting than a fun filled morning of Bingo! There will be prizes, snacks, and lots of time with friends! Everyone wins a prize!

Peeler Recreation Center—Fee: \$1

March 31 Thursday 11 am– 12:30 pm

MT. AIRY TRIP

All Ages. We invite you to join us on a day trip to Andy Griffith's hometown of Mount Airy, North Carolina—affectionately known as Mayberry RFD. Enjoy tons of retail shops, gift shops, antique shops, and restaurants in the historic downtown district.

Mt. Airy, NC—Fee: \$3

April 6 Wednesday 11 am– 2 pm

TRIAD STAGE PERFORMANCE—FENCES

All Ages. Winner of the 1987 Pulitzer Prize for Drama, August Wilson's *Fences* explores the evolving African-American experience on the brink of the Civil Rights Movement.

Triad Stage—Fee: TBA

April 20 Wednesday 9:30 am– 1 pm

Spring Dance

Join us for a night of fun, friends and plenty of dancing. Bring your family and friends and prepare to have a good time!

March 22 6-8 pm

Lindley Recreation Center, 2907 Springwood Drive
All ages. Registration is not required.

PD OUTINGS

SOUTHERN SUPREME

February 11 11 am–1 pm
Bear Creek, NC—Fee: \$3 **fast food lunch*

HAMERICK'S & DOLLAR TREE SHOPPING

March 10 10 am–12 noon
Bridford Parkway

GOLDEN CORRAL LUNCH

April 21 11 am– 12:30 pm
Lawndale Drive

BIG BURGER SPOT & SWEET FROGS

May 5 11 am– 1 pm
Nicholas Road/Bridford Parkway

WHEELCHAIR BASKETBALL

A new wheelchair basketball team is coming to Greensboro and is looking for new players! We would love for you to join us! You don't need any experience of any kind. Wheelchair basketball is open to any youth with a physical disability until they graduate from high school. You don't have to use a wheelchair daily to play.

WINTER EXPO

February 7

1-4 pm

**Simkins Sports Pavilion
1500 Dans Road**

*For more information
please call 373-2954*

We provide sports
wheelchairs and
all the equipment

Meet new friends and
learn a new sport



VI GROUP CLUBS

LEGALLY BLIND DART TEAM

Audio darts is a game in which visually impaired along with sighted players can participate in a friendly game of darts. **To register or for more information please contact Debra Ingram, 609-2947**

Fridays 6-8 pm
Trotter Recreation Center

GOALBALL

Goalball is an inclusive game played by two teams who compete to score goals by throwing a ball that emits audible sound when in motion. All players are blindfolded during play.

If you are interested in joining a Goalball team please call 373-2626

SATURDAY DAY TRIPS

Industries of the Blind day trips are designed for participants with visual impairments and their families.

February 13, Trader Joe's/Rocket Fizz, Cary **Fee: \$5**

March 5, Flea Market, Raleigh **Fee: \$5**

April 16, Zootastic Park, Troutman **Fee: \$8**

May 14, North Theatre, Danville, VA **Fee: \$8**

For more information please contact Anita Cunningham, 275-1377

REGISTRATION FORM

Notice: Some programs and special events have limited spaces. Registration is on a "first come, first served" basis.

Some of the MainStream Resources Unit programs listed in the flyer are suggested for certain age groups and disability classifications so the program can be geared to meet specific needs. However, we will make reasonable accommodations for any individual who desires to participate in a program not suggested for his or her age group or disability. The request must be made at least two weeks prior to beginning of the program. We also encourage family and friends to participate in our programs and other programs offered by Greensboro Parks & Recreation, when space is available. The City of Greensboro shares the goals of the Americans with Disabilities Act, which protects qualified individuals with disabilities from discrimination on the basis of disabilities and provides for equality of opportunity in the services, programs, activities and employment of the City.

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

Use one form per person. Make checks payable to "City of Greensboro". Do not send fee if event indicates participant is to bring fee on day of event.

**YOU CAN MAIL OR BRING YOUR REGISTRATION FORM AND FEE TO MAINSTREAM RESOURCES OFFICE AT
1001 FOURTH STREET, GREENSBORO, NC 27405.**

Name _____ Age _____ Gender _____

Parent/Guardian Name (if participant is a minor) _____

Address _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Selected programs offer transportation for individuals who live within City limits, based on space available.

Would you like to sign up for transportation? Yes ☐ No ☐

VI PROGRAMS	PD PROGRAMS	DD PROGRAMS	FITNESS	SPECIAL EVENTS & PROGRAMS
<input type="radio"/> Social Hour <input type="radio"/> Bowling <input type="radio"/> Harbor Inn Seafood <input type="radio"/> Carter Brothers BBQ <input type="radio"/> Old Mill of Guilford & Bills Pizza Pub <input type="radio"/> Farmers Market & Moose Café	<input type="radio"/> Bowling <input type="radio"/> Chair Exercise <input type="radio"/> Southern Supreme <input type="radio"/> Hamerick's & Dollar Tree Shopping <input type="radio"/> Golden Corral <input type="radio"/> Big Burger Spot & Sweet Frogs	<input type="radio"/> GTCC Afterschool Program <input type="radio"/> Saturday Bowling	<input type="radio"/> Modified Strength & Conditioning <input type="radio"/> Sports Strength & Mobility	<input type="radio"/> Wheelchair Basketball Expo <input type="radio"/> Easter Egg Hunt <input type="radio"/> Bingo <input type="radio"/> Mt. Airy Day Trip <input type="radio"/> Triad Stage Performance

Contact Us:

MainStream Resources Coordinator

Sharon Williams

sharon.williams@greensboro-nc.gov

office: 336-373-2954

MainStream Resources Assistant

Coordinator

Jessica Rosenblum

jessica.rosenblum@greensboro-nc.gov

office: 336-373-2735

To register please call:

336-373-2626

www.greensboro-nc.gov/mainstream



To request an application
please call: 373-2626

Camp Joy is a summer day camp for ages 5 and older of all abilities, including but not limited to developmental disabilities, physical disabilities, and visual and hearing impairments.

Camp runs Monday through Friday, 9am to 3pm.

Session 1

PD Week

Session 2

June 20—July 8

July 11—July 15

July 18—August 5

Camp Joy, located at Hagan Stone Park in Pleasant Garden, offers two three-week sessions for individuals with developmental disabilities and a one-week session for individuals with physical disabilities. Camp facilities include six cabins, multipurpose building, and arts and crafts shelter. Campers also have access to the Hagan-Stone Park facilities, which include accessible playgrounds, pool and nature trails. Camp Joy offers a wide variety of activities including arts and crafts, music, swimming, sports, and outdoor activities. Each summer, the camp hosts talent shows, movie days, cook outs, theme weeks, and more!



**GREENSBORO
PARKS AND
RECREATION**

Greensboro Parks and Recreation

MainStream Resources Unit

1001 Fourth Street

Greensboro, NC 27405

www.greensboro-nc.gov/mainstream

Prsrt Std
US Postage
PAID
Permit #72
Greensboro, NC